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NEWS  
WORTH  
SHARING.

## More council governance urged over water utility

An HRM staff report recommends better oversight of the Halifax Regional Water Commission **PAGE 3**

## Floodwaters and landslides wreak havoc in India and Pakistan

Tens of thousands of Kashmiris are stranded in their homes **PAGE 8**

## SHUCKS, SURE, I GUESS ...

SINGER-SONGWRITER ED SHEERAN'S AT THE TOP OF HIS GAME, THOUGH HE ISN'T LETTING SUCCESS GET TO HIS HEAD **PAGE 15**



# Pair charged in homicide



A memorial to Daniel Michael Pellerin has appeared near Farrell Hall on Windmill Road, where the 28-year-old man was killed. **JEFF HARPER/METRO**

**Crime.** Daniel Pellerin was stabbed to death in a parking lot



**RUTH DAVENPORT**  
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A 15-year-old boy and a man once accused of trying to kill his brother are scheduled to appear in court Monday, to face charges related to the city's latest homicide.

Daniel Michael Pellerin, 28, died in hospital after being stabbed several times the night of Aug. 30. Police found him unconscious in the parking lot of Farrell Hall on Windmill Road after witnesses reported seeing three men fighting just after 10 p.m.

Investigators with Halifax's integrated major crime section charged a 15-year-old boy with first-degree murder on Friday. The teen, whose name is protected under the Youth Criminal Justice Act, is also charged with possession of an unauthorized firearm and careless use of a firearm.

Police say the accused teenager had a loaded handgun and marijuana when he was arrested Thursday.

Investigators then laid charges against a second man, 23-year-old Trevor Kyle Hannan of Dartmouth.

Hannan is charged with first-degree murder and possession of a weapon dangerous to the public.

"We are pleased that a quick arrest was made on this file, and it's due to the hard work of the integrated criminal investigation division members," said Halifax Regional Police Staff Sgt. Lindsay Hernden Sunday. "We're very pleased to bring this matter to a close, at least for now."

Hannan, who was arrested Friday night, was charged with attempted murder in March 2011, for shooting his younger brother in the stomach. He was sentenced to 29 months in prison for aggravated assault, careless use of a firearm and possession of a firearm while prohibited.

Police don't believe Pellerin's homicide was a random act.



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## FIVE THINGS YOU NEED TO KNOW TODAY

1

### FEWER FERRIES

Alderney ferry service will be reduced for maintenance starting Monday. Only one vessel will depart from the Alderney terminal every 30 minutes until the end of November.

2

### LET'S TALK COPS

The Halifax Board of Police Commissioners holds its monthly forum on Monday. In attendance: top brass, councillors and citizens — it opens to the public at 12:30 p.m. at city hall.

3

### 14 MORE YEARS OF FORD?

Rob Ford has vowed he will be mayor of Toronto for 14 more years. Voters will decide on Oct. 27 whether he'll even get another four.

4

### ALLIANCE AT RISK

The president of the Palestinian unity government has threatened to dissolve his alliance with Hamas if the group does not give up the Gaza Strip.

5

### SURPRISE FOR SINGLES

Host Chris Harrison gives the remaining contestants a shocking ultimatum in the season finale of Bachelor in Paradise tonight on City.

# Councillor says city needs more say over water utility

**Halifax Regional Water Commission.** Staff report says city lacks 'direct authority'



HALEY RYAN  
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Coun. Steve Craig says he is happy to see a report coming to council on governance changes with the Halifax Regional Water Commission (HRWC), but would like to find out exactly how much authority staff is suggesting council should get.

The governance report comes to regional council Tuesday, about 20 months after Craig said he requested it. The report recommends that approvals begin on items like annual business plans, debt policies, HRWC compensation over \$250,000, new service areas and a five-year strategic plan.

"As elected officials, we need to be involved in the decision-making process," Craig said.

According to the report, right now council has "no direct authority" over the HRWC — since it reports to the Utility and Review Board — but HRM does appoint the utility's board, which includes the mayor and three councillors.

Craig argues that although there are elected figures on the board, their interests lie with HRWC when in that role, not HRM, so full council governance is needed.

The report recommends using a model similar to the Halifax Convention Centre, which allows for an independent board with "provisions for external approval and direction in specific areas."

Craig said he wants to ask staff how far that direction would go.

"Residents pay a hell of a lot for this ... so we need to balance all that off and make sure that we're doing a good job," Craig said.

Craig also plans to ask what "benefits" would be lost if the HRWC was brought under HRM completely.

Although the people interviewed for the report said the

#### Also on the agenda

- A staff report outlining improvements to the snow-removal system, such as "right-sizing" sidewalk plows to decrease the possibility of damage, reviewing last winter's salt-weighing issues and moving toward a "prime contractor" to handle all street and sidewalk clearing.
- The fate of the Khyber Building will also be decided, as staff are recommending the historic Barrington Street property be declared surplus.

current model works well, Craig said these were HRM and water-utility staffers, so a different perspective might be needed.

"There's a lot of money that flows through that organization. They own a lot of infrastructure on our behalf," Craig said.

"Let's get on with it; let's make a decision."



**Bitter pill to swallow?** A staff report recommends giving Halifax Regional Council more oversight of the Halifax Regional Water Commission — in particular over certain financial and service aspects. METRO FILE

1 NEWS

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# Italian Fest made sure Haligonians didn't leave hungry over weekend

**'Everybody loves to be Italian this weekend.'**

Festival brings food, wine, cooking and language demos



HALEY  
RYAN

haley.ryan@metronews.ca

The sweet smells of fried pastry drifted around the kitchen as a group of women prepared desserts, one filling the cannoli with its creamy centre, before another carefully dusted them with powdered sugar.

A floor below, steaming plates of lasagna, gnocchi, meatballs, polenta and stuffed peppers were handed out to lines of people while a group of men laughed around barbeques full of rosticini lamb skewers by the Agricola Street building.

The annual Italian Festival wrapped up Sunday after three days of food, wine tasting, cooking demonstrations and bocce ball hosted by the Italian Canadian Cultural Association (ICCA) in their headquarters.

"Italian is being about food," Maria Hayes said with a smile as dozens of families and couples wandered behind her with cappuccinos and homemade sausages in hand.

"When you go to an Italian person's house you don't leave hungry, because they would



A chef of the festival sprinkles some salt on a fresh batch of Rosticini (skewered lamb) during the Italian Festival at the Italian Canadian Cultural Association headquarters on Sunday. JEFF HARPER/METRO

feel that they had not been a very good host," she said.

Michelle Laplante, 23, attended the festival for the first time Sunday and said the gnocchi was "delicious." Laplante said she went to Italy a few years ago, and said the fresh

ingredients and homemade dishes made quite an impression.

"Food has not tasted the same since," Laplante said.

Basia Dzierzanowska and Jack Szczypa said their meals were "fantastic". They like at-

tending cultural festivals to sample different foods and learn new things, such as an Italian cooking lesson Sunday where Szczypa was hoping to pick up pasta recipes.

"I'm a Romeo, she's Juliet, and we're looking for a bal-

cony, but so far we ended up in a kitchen," Szczypa said as Dzierzanowska laughed.

Hayes said the fundraiser draws thousands of people, and is a way to inform Haligonians about the Italian language and cooking classes of-

fered there year-round, as well as keeping their culture and heritage alive.

"Everybody loves to be Italian this weekend," Hayes said. "That's the purpose of this club and why the volunteers work so hard."

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## Last seen July 15. RCMP ask for help with finding missing hitchhiker

Nova Scotia RCMP are asking the public to help find a man who's gone missing during a planned cross-country hitchhiking trip.

A release from the East Hants RCMP states that 20-year-old Timothy Crozier had plans to hitchhike across Canada, leaving earlier this summer, and was believed to be travelling alone.

He was last seen on July 15 in Kennetcook, and his family reported him missing on Aug. 13 after losing contact with him.

He is described as about 5'8, 140 pounds with short brown hair and hazel eyes. He has tattoos of a roman

numeral XIII on his left wrist and a large skull on his left forearm.

He was last seen wearing a dark colored t-shirt and cut-off jeans.

He may have been carrying tools as well as a hard hat and work boots.

Police say there is no evidence to suggest that Crozier has met with foul play.

Anyone with information is asked to contact police. **METRO**



Timothy Crozier  
CONTRIBUTED

## Cherry Brook

### Homeowners threatened during robbery

Police are looking for three men in relation to an armed robbery in Cherry Brook over the weekend.

The incident happened just after 11:30 p.m. Saturday on Riley Road.

Police say men entered a home and threatened the people inside with a weapon. The trio then stole cash and other items before fleeing the scene.

No one was hurt.

Police don't say what weapon the homeowners were threatened with.

Anyone with information is asked to contact police or Crime Stoppers.

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# Charges laid following raids on Farm Assists pot lounge

Three people have been charged with a variety of offences in connection with three drug raids targeting Farm Assists, a medical marijuana lounge on Gottingen Street.

Sherri Reeve, 47, and Christopher Enns, 29, both of East Chezzetcook, along with a 40-year-old man from Timberlea were charged following the raid on Friday at the Gottingen Street business.

Police also searched a residence in the 700 block of East Chezzetcook Road and at a property on Colford Drive in Head of Chezzetcook.

A release from Halifax Regional Police states that officers seized marijuana, cash and several hundred plants during the searches.

The release also says the investigation stemmed from "a number of com-



Farm Assists on Gottingen Street was raided last Friday by Halifax police.  
JEFF HARPER/METRO

plaints from the public."

Enns and Reeve, who are being held in police custody, are facing charges that include trafficking and possession for the purpose of trafficking, among others.

The 40-year-old man from Timberlea was re-

leased and is expected to appear in court to face drug-related charges at a later date.

A fourth man taken into custody during the searches was released without charges.

BRAEDON CLARK/METRO



Neighbourhood residents help paint a mural on Deacon Street and Windcrest Terrace on Saturday morning.  
BRAEDON CLARK/METRO

# Mural to reflect neighbourhood's history, future

**Placemaking Program.** Dozens of residents turn out to contribute to community art project, meeting neighbours along the way

## More online

Visit [www.halifax.ca/culture/CommunityArts/Placemaking.php](http://www.halifax.ca/culture/CommunityArts/Placemaking.php) for more information on and an application for the Placemaking Program.

eral dozen people from the neighbourhood had come out to work on the project, which was expected to be complete by the afternoon.

The idea had been about a year in the works.

"I went door-to-door explaining the idea to people, and almost everyone was into it," said Cameron Jantzen, who moved to Deacon Street last April.

"We started with some high-concept ideas and eventually boiled it down to what you see today," added his neighbour Mark Nener.

In addition to beautifying the neighbourhood, the placemaking project helped establish connections between people who live close together but don't always interact.

"It's an excellent way to get to know everybody," Jantzen said. "These are people you see almost every day but don't always get a chance to get to know them."

The municipality is currently accepting applications for the 2015 Placemaking Program. The deadline is Oct. 31.

this unique neighbourhood, off Windsor Street.

"We had several meetings to go over the design, and this is what we ended up with. Everyone loves it," said Anna Ramsay, the artist who was contracted to help residents come up with their design.

All around Ramsay, people were hunched over, each focused on their small piece of the project.

A young girl tried her best to stay between the lines, while others were more liberal with their strokes.

The project was supported by the municipality's Placemaking Program and was funded by a grant from the 4Cs Foundation, a private arts group.

On Saturday morning, sev-

BRAEDON CLARK  
halifax@metronews.ca

Mr. Fox has been living in the neighbourhood as long as anyone can remember, and used to clear the streets of snow in the winter.

That's why the design features a fox.

Windcrest Terrace used to be called Bluebell Lane.

That explains the blue bells being painted on the street.

Almost every design element of the mural being painted on Deacon Street and Windcrest Terrace on Saturday morning had some meaning behind it, some symbolic attachment to the place where it was being created, in

## 81-year-old victim

### Elderly woman dies after being hit on crosswalk

Police say an elderly woman seriously injured after being struck by a car on a Halifax crosswalk has died.

The accident happened at 3:40 p.m. Saturday at the intersection of Williams Lake Road and Herring Cove Road.

Police say the 81-year-old woman was crossing Wil-

liams Lake Road in a marked crosswalk with the crosswalk signal showing when she was hit by a 71-year-old man driving a car that was making a right hand turn onto Herring Cove Road.

The woman suffered serious injuries and was taken to hospital by paramedics.

Police announced Sunday night that she had died in hospital.

There have been no charges laid as police continue to investigate what is now a fatal crosswalk accident.

METRO

## Sept. 5

### Correction: Solar panels saving money on two city-owned buildings

A story that appeared in the September 5 edition of Metro ('Net zero' facilities, on page 9) contained an inaccuracy.

The spokesperson for the city quoted in the story is Sarah Reeves, not Sarah Reeve.

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## Action. Arab League appeals for support against ISIS fighters

The head of the Arab League appealed Sunday to its member states to confront "militarily and politically" Islamic State of Iraq and Syria (ISIS) insurgents, an apparent call to arms as the U.S. launched new airstrikes against the group's fighters in Iraq.

Nabil Elaraby's comments come ahead of U.S. President Barack Obama's planned address Wednesday to the American people on his plans to confront ISIS, which now controls a wide swath of territory in Syria and Iraq.

Washington is looking for wide support for its call to take action on ISIS, following domestic criticism it was too overly cautious in dealing with the militant group.

Already, NATO forces have agreed to take on ISIS militants. Support from the Arab League could provide Obama the international coalition he hoped to create to challenge the group.

It wasn't immediately unclear what steps the Arab League would take in supporting action against ISIS.

THE ASSOCIATED PRESS

### Captive soldiers

## Lebanese PM pleads for calm

Lebanon's prime minister pleaded for his countrymen to be calm in a rare televised appeal on Sunday evening, as anger swelled over the continued capture of soldiers and

police by militants in Syria.

Tammam Salam's call came after photos emerged showing that militants of the Islamic State of Iraq and Syria (ISIS) had beheaded a second captive Lebanese soldier on Saturday. Militants in Syria, including the ISIS group, are holding around 20 soldiers and police. THE ASSOCIATED PRESS

# Floodwaters and landslides devastate Kashmiri villages



Kashmiri men move with their cattle from their flooded neighbourhood in Srinagar, India, Sunday. DAR YASIN/THE ASSOCIATED PRESS

## Incessant rains. Worst flooding in more than five decades

Landslides and flash floods triggered by heavy monsoon rains have killed nearly 300 people in large swaths of northern India and Pakistan, officials said Sunday.

Five days of incessant rains in Indian-controlled Kashmir have left at least 120 people dead in the region's worst flooding in more than five decades, submerging hundreds of villages and triggering landslides, officials said. In neighbouring Pakistan, more than 160 people have died and thousands of homes have collapsed, with an official saying the situation was becoming a "national emergency."

Rescuers in both countries were using helicopters and boats to try to reach tens of

thousands of people stranded in their homes as floodwaters rose and submerged many villages.

Rescue efforts in Srinagar, the main city in Indian Kashmir, were hampered by fast-moving floodwaters that submerged large parts of the city.

The rains had stopped on Sunday, but officials said the spreading water from the overflowed Jhelum River was moving too fast to allow boats to reach many people stranded in Srinagar for much of the day. By evening, several boats had been deployed to start rescue efforts, said Omar Abdullah, Jammu and Kashmir state's top elected official.

In many of Srinagar's neighbourhoods, the water was about four metres deep, submerging entire houses. Stranded residents left their homes to move in with friends or relatives in safer areas. THE ASSOCIATED PRESS

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# Outrage at Carleton over crude T-shirts

## Coarse controversy.

Students say shirts meant to protest anti-swearing policy



JOE LOFARO  
Metro in Ottawa

A photo of two men wearing black, sleeveless shirts with the words “F-ck safe space” near Carleton University in Ottawa has sparked online denunciations and charges of “rape culture.”

But some people say the shirts are actually a protest against a “safe space” policy forbidding swearing by frosh week facilitators.

Leslie Robertson, a civil litigation lawyer in Ottawa, tweeted a photo of the two unidentified men Sunday afternoon. At the time of publication, it had been retweeted by more than 100 people.



Two men wear the controversial T-shirts on Sunday.

COURTESY LESLIE ROBERTSON VIA TWITTER

In a follow-up tweet, Robertson said “there were many people, including women, wearing these shirts.”

The university issued a statement Sunday evening saying it was investigating the incident.

In an interview, Robertson told Metro she saw

several people wearing the shirts while walking to a farmers’ market across the street from the university on Bronson Avenue. Seeing both men and women wear the shirts in broad daylight made her feel unsafe, she said.

She said she was surprised to see the shirts since lately there has been lots of discussions about rape culture and homophobia on campuses.

“If I’m living in a place where people feel it’s completely appropriate to have those outward messages, like, on their T-shirts then, you know, we’re not living in a safe place,” said Robertson.

“I don’t really know (what) the intentions of the shirts are, but it’s a reminder that there are people walking around in the same places as I’m in who don’t care to respect other women or whoever it is that it was intended to.”



## A lack-to-school dilemma

An empty teacher’s desk is seen at the front of an empty classroom at Magee Secondary School in Vancouver on Friday. Schools will remain empty like this one this week as the ongoing teachers’ strike continues into its second week of the new school year. JONATHAN HAYWARD/THE CANADIAN PRESS

### Election 2015

## NDP to unveil platform early

Tom Mulcair intends to start this fall nailing down some key planks in the NDP’s election platform — a full year before the next scheduled federal vote.

The NDP leader says he’ll be unveiling “some very

concrete” proposals on child care, infrastructure investment, health-care funding and re-instituting a federal minimum wage, among other issues.

The New Democrats have been fighting to reassert themselves as the real alternative to Stephen Harper’s ruling Conservatives, a role usurped by the third-place Liberals since Justin Trudeau

took the helm 18 months ago.

They’re gambling that the benefits of early disclosure — demonstrating how an NDP government would be different than the Harper regime and contrasting their substance with Trudeau’s refusal to be nailed down on important policy questions — will outweigh the disadvantages. THE CANADIAN PRESS

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# Missed the boat with acquiring Tim Hortons stock? Maybe not



**HOW TO ROLL**  
Alison Griffiths  
metronews.ca

OK, so you are boo-hoing into your double-double with a side of Timbits because you didn't grab some Tim Hortons Inc. stock last year. And now, with the impending Burger King Worldwide Inc. merger, it's too late.

Or is it?

A year ago Tim's was a \$50 stock and all the fundamentals were in place to see a nice steady growth going forward. But 85 bucks was simply not on analysts' radars. In fact, with increasing competition in the sector, most analysts have been predicting low single-digit growth, if that, for the likes of McDonald's Corp., Krispy Kreme Doughnuts, Inc., and Starbucks Corp.

That was then.

First, a little lingo update is in order. "Fast food" is out

## Shares

Tim Hortons' trades on the Toronto Stock Exchange (TSX) and the New York Stock Exchange (NYSE):

- \$33 – March 2006 closing price, first day of trading.
- \$27 – November 2008, lowest price.
- \$89.22 – Sept. 2, 2014, highest price.

and "fast service" or "quick service" is in. Ordering with your bum in a chair likely puts the restaurant in the fast casual category. Standing while ordering denotes "fast service" fare. Somehow that moniker seems a little less calorie- and sodium-laden than fast food.

What may propel Tim Hortons to loftier stock heights is the rapid encroachment of fast service on fast casual territory. Upscale additions such



A Tim Hortons restaurant in front of the company's corporate headquarters in Oakville, Ont. Burger King has agreed to pay \$11 billion to buy the Tim Hortons chain. AARON VINCENT ELKAIM/GETTY IMAGES

as higher-quality breads and buns (thanks, Panera Bread Co.!) and salads with chi-chi ingredients like cranberries, goat cheese, free-range eggs and pecans are now commonplace.

Fancy fixin's at fast food (oops, fast service) prices, à la Tim Hortons, will attract a new group of munchers who have avoided greasy and quick

in the past. And that spells new revenues.

Also, the merger creates the third-largest restaurant chain in the world behind McDonald's and Yum! Brands, Inc. Bigger often means cost savings through economies of scale. So, there may be some nice upside to Tim Hortons, even this late in the day.

The big negative is Tim

Hortons' new bed pal, 3G Capital, which owns Burger King. There's more than a little of the Wall Street wolf, Gordon Gekko, in how this company operates. It won't hesitate to slash dividends, staff or lower the bar on ingredients if it boosts profits. But that kind of management can actually backfire on a stock by damaging the brand.

## Mobility

### U.S. backer sues feds for \$1.2B

One of the financial backers of wireless startup Mobility is suing the federal government, seeking \$1.2 billion in damages for breaking assurances that Industry Canada officials allegedly made to prospective investors.

Quadrangle Group claims, among other things, that backers were assured Mobility would be able to transfer wireless spectrum to one of the big networks after five years. **THE CANADIAN PRESS**

## TV delivery system

### CRTC begins public hearings

The Canadian Radio-television and Telecommunications Commission begins a two-week public hearing in Gatineau, Que., Monday into sweeping proposals that could change how Canadians receive and pay for TV service. **THE CANADIAN PRESS**

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**HALIFAX**



### Obsession with classic jeans wearing thin

Levi Strauss — which invented blue jeans 141 years ago — has created new versions of classic denim to counter what the fashion industry dubs the "athleisure" trend that is hurting the jeans business. The company's Knit Jeans, pictured, are made of stretch cotton knit to look like jeans but feel like sweatpants, and cater to people who more often sport yoga pants, leggings, sweatpants and other athletic wear instead of traditional denim. Sales of the iconic blues fell six per cent during the past year after decades of almost steady growth. The decline is being driven by women, but men's interest in jeans also is fading.

COURTESY LEVI STRAUSS/THE ASSOCIATED PRESS





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Monday, September 8, 2014

VOICES

11

# MAYBE NOT A FRACKING GOOD TIME

"Nova Scotia's shale potential will remain in the ground," harrumphed Financial Post columnist Terence Corcoran.

Blame "growth-killing theories and activists." "The McNeil Liberals have nailed shut one more economic doorway," fretted Chronicle-Herald columnist Marilla Stephenson.

"It's a sorry day for Nova Scotia," tut-tutted her editorial overlords.

"Fear is trumping science," piled on the Toronto Sun's Brian Lilley ... Lilley? Really? He of the climate-change denying, Stephen-Harper-apologizing Sun standing tall for science? But I digress.

For me, the most intriguing aspect of last week's announcement that the province will ban hydraulic fracturing, or "fracking," is how quickly the chattering classes lined up in lip-lock lockstep to attack the government for being too craven to stand up to its own voters, and Nova Scotians — that's us — for being too stupid to know what's best for us.

Hydraulic fracturing — shooting huge volumes of pressur-



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

ized water, sand and assorted chemicals, some of them carcinogens, into layers of shale rock deep under the earth's surface in order to release trapped oil and gas — is the energy industry's new Holy Grail.

On the upside, fracking promises easier, more efficient access to ever declining, non-renewable energy.

On the downside, there's potential poisoned wells, contaminated air, maybe the odd man-made earthquake and, oh yes, the unknown.

Not to forget the climate changes that come with the upside.

Contrary to federal Finance Minister Joe Oliver — "the record is ... unblemished" — the jury is not yet "in" on fracking.

A Google search for fracking's past month's headlines: University of Texas scientists report 30 per cent of wells above an active area of drilling contain unusually high levels of arsenic; Scientists at Duke discover high levels of methane in wells near

## Taking it slow

Although I think there should be a revisit date on the ban — will the science be clearer in five years? — I'm happy our government isn't bowing to the development-at-any-cost crowd.

drilling in Pennsylvania and New York, plus radioactivity in a fracking discharge site.

Although I think there should be a revisit date on the ban — will the science be clearer in five years? — I'm happy our government isn't bowing to the development-at-any-cost crowd.

I'm currently reading Toms River, Dan Fagin's Pulitzer-prize-winning book about the poisoning of a New Jersey town by a huge chemical company while don't-worry-be-happy politicians and opinion leaders ignored mounting evidence of what was happening.

Are we stupid? Or just cautious?

## WE ACT: CANADA DOES GOOD Toronto educator inspires youth to give

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

**Who:** Marcella Porretta, educator, motivator and hug-giver, Toronto

**What:** Encouraging youth to volunteer and get involved in their community.

**Why:** To help young people find a passion and set them on a positive path.

It's the start of a new school year, and Toronto educator Marcella Porretta is gearing up for more than just classes.

Whether she's organizing car washes, volunteering with those suffering from drug and alcohol addictions or visiting elderly people with her students, Porretta believes in making a difference in people's lives.

She's the teacher who keeps in touch with students long after graduation, guiding them where and when needed.

**What inspired you to get started?** I ended up meeting with a former student of



Marcella Porretta (bottom row, far right) with students from Monsignor Percy Johnson Catholic High School. CONTRIBUTED

## Quoted



"It's about helping kids that have nowhere else to go and keeping them busy and inspired, because it keeps them off the streets."

Marcella Porretta, on why she volunteers

mine who was in prison at the time, and we connected. I kind of took him under my wing and he introduced me to Vitanova — a non-profit that

works with people suffering from drug and alcohol addictions — and I got involved in helping. Everything took off from there.

**What motivates you to continue the work you do every day?** I work with troubled youth because I feel like they went on the wrong path for a reason. They don't have that TLC; some don't have family. I now have students who won't even ask me to give them community service hours, because they want to volunteer out of the goodness of their hearts. That's when I go, "Yes!" That's an accomplishment right there. That's what I care about.

CRAIG AND MARC KIELBURGER

## MetroTube

### Behold, Internet! It's the mighty spider dog



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

It's easy to laugh at these poor passersby panicking at something as obvious as a delighted condo-sized dog in a spider suit. But the first shot — that reveals what this thing actually looks like when it's scurrying down a darkened tunnel toward you, looking for lunch — inspires a desire to wrap the victims in a warm towel and hold them tightly. (YouTube/SA Wardega)



ISTOCK

## Twitter

@metropicks asked: A rights group says that human bodies on display at the Bodies Revealed exhibit may have come from Chinese prisoners of conscience who were executed. Should the exhibit be pulled?

@sulliv16: That is sick & disgusting. Way to go! Desecrating the dead, not cool. Show some respect!

@5chadenfreude: Free trade at its finest; The import/export of prisoner's corpses for profit, but no local authority wants the responsibility.

Agree? Disagree? Join the conversation @metropicks.

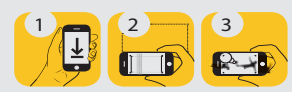


## SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in Scene and page 21 in Sports.

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14

SCENE

metronews.ca  
Monday, September 8, 2014

# 2 SCENE

## Ebooks



### Now

By: Lauren Bacall

Kindle/iBooks/Kobo

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### MIND THE APP

Kris Abel  
@RealKrisAbel  
scene@metronews.ca

It's hard to imagine the late Lauren Bacall struggling with unemployment, but it's what drove her to write this final memoir. She shares the difficulties of being an outspoken loner, of being guided by Bogart's wisdom, and being lifted by carefully chosen friends. Unfortunately the book's audio doesn't work, so while you get her words, her sultry voice is missing.

## Box office

### Guardians still top movie in galaxy

Guardians of the Galaxy continues to rule the box office universe. It took first place at the box office for a fourth weekend with \$10.2 million, according to studio estimates Sunday. Teenage Mutant Ninja Turtles sliced off second place in its fifth weekend with \$6.5 million. If I Stay starring Chloe Grace Moretz took third place in its third weekend with \$5.7 million.

THE ASSOCIATED PRESS

# Straddling the world of television and film

**Ray Donovan.** Actor Dash Mihok is keeping busy with his latest TV series — plus some directing and a little bit of film, too



### NED EHRBAR

Metro World News in Hollywood

Dash Mihok is being remarkably good about not giving away any details about the last few episodes of the current season of Ray Donovan, even after I've tried plying him with a couple beers.

"You know my show — they can whack me at any time, so I kind of can't talk too much. They won't hesitate to whack somebody, even if you're a family member," he says.

One person on the series we agree is probably safe from any vindictive whacking is Mihok's co-star, Liev Schreiber, who plays the titular Ray. It would be weird if they killed off Ray Donovan on Ray Donovan, after all. Or maybe not.

"They could just start calling it The Donovans or something," Mihok offers. "No, he's safe."

Spoilers aside, Mihok is actually feeling quite talkative. On the series, currently wrapping up its second season and recently renewed for a third, Mihok has gotten plenty of time to explore the tortured soul of Bunchy Donovan, a luxury he attributes to the



**metro AR** Dash Mihok stars in Ray Donovan. Scan your Metro News App to watch a behind-the-scenes video of the Donovan Fite Club. CONTRIBUTED

nature of television.

"In general, you see all these movie actors moving to TV because it's racier, it's more interesting, and they're enjoying getting to portray these people that are really, really complicated and lay-

ered and flawed for more than two hours," he says.

He's not really talking about TV in general, though, but cable.

"Network is network. It's fun here and there, but you don't really get to explore

anybody," he says. "No offence to CBS, my parent company, but I don't watch anything on there. There's so much now on streaming and on cable now."

In fact, Mihok is so enamoured by the television world that he's actively getting into the game behind the camera.

"I just directed a pilot and screened it at my agency last week. We're going to shop it," he says.

"It's a really dark comedy, and it could go to places like Amazon or Netflix. It's pretty racy language, but there are all these outlets for that now. We just made it ourselves, and we're going to shop it. You could never do that before."

But Mihok hasn't left movies behind — far from it. With two films wrapped — including Mike Flanagan's *Somnia* — and another in production, Mihok has feet planted firmly in both the film and television worlds, another luxury he attributes to the more generous cable schedule. And he's still got a few items on his wish list.

"You know what I want to do? I want to shoot a movie in Europe. I've never done that. You'd think that would've happened by now," he says.

"I mean, I'd love to be the lead and work every day, but if I didn't have to, it would be great to have those days off so you can just take day trips to other places that you haven't been."

"It's like, 'Let's just bounce to Morocco for a couple of days,' and it's like going to Florida."

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# Ed guesses he's pretty influential

## Humble swagger.

Singer-songwriter Ed Sheeran has a quiet confidence that's propelled him to huge success

PAT  
HEALY

Metro World News in Boston

On pop charts populated by rappers and dance-floor divas, a 23-year-old Brit with an acoustic guitar stands out. Ed Sheeran, whose sophomore album *X* peaked at the No. 1 position on the Billboard 200 earlier this summer, says he likens his popularity to a niche that needs to be filled.

"I think there is one singer-songwriter for every generation," he says. "I guess I'm just this generation's one."

This statement is characteristic of Sheeran in conversation. There's an element of the grandiosity one needs to become a pop star, but there's also a healthy dose of humility and even a trace of self-doubt. He says the phrase "I guess" about as often as he sings about being drunk. Sheeran's music is also rife with these levels of certainty. "I like a lot of different types of music, and I like trying them out, I guess," he says. "I never want to be a one-trick pony, even if I don't master the other crafts."

His live act includes experimental elements like a series of sampling pedals, and his repertoire runs the gamut from pretty ballads to confessional raps to Springsteen covers.

When asked about this cover, he says, "I was in a hotel room in New York with a friend who is an actor. And he was playing stuff on the speakers and that song came on, and I wasn't familiar with Springsteen. I was kind of familiar with his big hits but I wasn't really familiar with that album, *Nebraska*. And I just listened to that on repeat. Over and over again that night and I got fully into it the next day."

So who was that actor? "A friend of mine named Kit Harington," he says. "He plays Jon Snow on *Game of Thrones*."

Oh yeah, we've heard of him. Sheeran's careful to distinguish that although he has some friends who are also in show business, not everybody knows each other and has the



Ed Sheeran likens his popularity to a niche that needs filling. GETTY IMAGES

## Quoted

**"I think there is one singer-songwriter for every generation. I guess I'm just this generation's one."**

Ed Sheeran

kindest words for each other.

On the day of this interview, a meme of Sheeran walking up to the stage at the VMAs makes the rounds, the gossip suggesting that Miley Cyrus can be seen mouthing the word "a—hole" as Sheeran high-fives a friend in her row.

Miley is definitely not clapping for Ed, but really, is this a good celebrity beef? Probably not. When we speak, Sheeran hasn't seen the clip in question, and he says that he has never met Cyrus, but he seems perfectly content with being on the gossip websites.

"At least they're saying something," he says.

Sheeran learned about not saying negative things about famous people the hard way, as last year he was critical of Cyrus' *Wrecking Ball* video.

One other musician you won't get Sheeran talking about is who the subject of his most recent single, *Don't* is.

Pointing to the lyric, "me

and her, we make money the same way," many were quick to suggest when *X* was first released that it was about Ellie Goulding, with whom Sheeran had been spotted at a few public outings. So who is it about?

"No one's got an answer out of me yet," he says, resolute that this interview won't be any different.

What sets *Don't* apart from other Top 40 material is how Sheeran mixes these elements that he's perfected and others that he hasn't quite nailed yet.

*Don't* combines his natural sense of melody with rap, fuzzy bass, delicate falsetto back-grounds and a sing-along chorus that seems to be missing a certain word.

"That was always the original intention to put it on the record with the swear," he says of the chorus, which was originally "don't f— with my love."

Why did he change it? Fear that it wouldn't receive airplay? Concern the swear would make the tale of infidelity sound too mean? Nope. It was an eventful cab ride from L.A. to Malibu.

"I was chatting with the driver," recounts Sheeran. "We were talking for about an hour and then he said his daughter was a fan and I said, 'Hey can I play you some new stuff?' ... On that song he thought I swore too much, so I took it off for him, I guess."

LENNY KRAVITZ  
September 26

KYLIE  
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September 29

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## Rock 'n' roll is dead, and Gene says it's our fault

The party's over, everybody. Gene Simmons says rock 'n' roll is dead. Never one for melodramatic statements, the Kiss leader explained to Esquire recently that the system's changed, man. It's changed.

"Rock is finally dead. I am so sad that the next 15-year-old kid in a garage someplace in Saint Paul that plugs into his Marshall and wants to turn it up to 10 will not have anywhere near the same opportunity that I did," he says.

"The death of rock was not a natural death. Rock did not die of old age. It was murdered. And the real culprit is that kid's 15-year-old next-door neighbour, probably a friend of his. Maybe even one of the bandmates he's jamming with."

Say what now?

Oh, right. According to Simmons, this whole tragedy is down to the fact that we as consumers aren't doing enough to support decent, hard-working record companies that therefore can't afford to support the



Gene Simmons

musicians like they used to. Shame on us.

"There are still record companies, and it does apply to pop, rap, and country to an extent," he explains. "But for performers who are also songwriters — the creators — for rock music, for soul, for the blues — it's finally dead."

## Antonio Banderas's affair with banker from Holland pre-dates split with Melanie

As his divorce battle with Melanie Griffith rages on, Antonio Banderas has reportedly been finding it harder and harder to hide his affections for Dutch banker Nicole Kempel, the woman he was seen frolicking with in St. Tropez last month.

And sources tell Radar Online that Banderas and the banker were already an item before Griffith filed for divorce.

"He is really in love with her. He comes to France to visit her when he can, and they already went for a 10-day vacation together in secret," a source told the website.

"Only her closest family and friends knew. They were hiding everything from everybody because Melanie got a very good divorce lawyer and I think he was hoping to keep it under wraps until the end of the divorce."



Antonio Banderas

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## A sad week for Mark, Justin, and sexy pairs of stars/geckos



STARGAZING  
Malene Arpe  
scene@metronews.ca

### This week in sadness:

1. No one wants to pay for photos of Ashlee Simpson and Evan Ross's honeymoon.

2. The geckos sent into space by Russia to have gecko sex returned dead.

3. Super-hot couple Ian Somerhalder and Nikki Reed spent almost \$1,000 on sex toys after a month of dating.

4. Mark Wahlberg couldn't be bothered to show up to his brother Donnie's wedding to Jenny McCarthy.

5. Joan Rivers isn't here to comment on the fact that Mark Wahlberg couldn't be bothered to show up to his brother's wedding.

Dancing with the Stars pro Karina Smirnoff says she doesn't think former pro Julianne Hough joining the show's judging panel is "ethical." She's equally concerned about Bachelor in Paradise's stand on the socio-economic impact of sloppy ocean sex.

Justin Bieber sprains his wrist. Was he:

- A. Wrangling a steer?
- B. The victim of a Lego castle collapse?
- C. Still distraught over



Mark Wahlberg

the revelation Hello Kitty is not a cat and repeatedly punching himself in the face while muttering, "Stop crying. Stop crying?"

Kanye West wants to star in an Anchorman-type comedy. Except it won't be funny and will consist of his yelling at a trapped crowd who just wanted to hear his music.

Brad Pitt and Angelina Jolie are spending their honeymoon making a movie about an unhappy marriage. Rumours have it the fictional marriage crumbles when the wife decides to have her children decorate her wedding dress with ugly crayon drawings.

Lindsay Lohan insisted on sitting only with men at the GQ Men of the Year awards because "she gets on better with guys and had spent time putting together a sexy look." That's just silly. She obviously just wanted to be able to choose the man she was going to be awarded.

## Awkward making music instead of babies

Gwen Stefani admits that having husband Gavin Rossdale step in as a mentor during her first season as a judge on The Voice made her feel a little uneasy.

"It was just awkward. We've only collaborated on making babies," Stefani says, according to Fox News, describing skills that probably wouldn't fly during a network prime-time reality singing competition.

The singer was worried they would clash over musical styles and tastes.



Gwen Stefani

### Twitter



@Sethrogen

About ten times a day I think "what the f--- is that sound?" and then I realize it's just me breathing loud and weird.



@rosemcgowan

Is Scotland independent? Too lazy to google.



@WhitneyCummings

There's so much screaming outside my window in Salt Lake City. Y'all okay out there or am I a officially a witness?

## Admiral

"A career at Admiral allows me time to master my downward dog." — Adrienne

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# Buying away the blues?

## Emotional purchases.

If you're spending when you're sad or in need of an emotional boost, you have a problem



**GAIL  
VAZ-OXLADE**  
Gail blogs daily at  
gailvazoxlade.com

Ashley loves to complain that she doesn't have any money. Last year she went five months without a job after she was laid off. Her parents helped her out, and she paid them back, but she felt like a child having to ask for help so she wants to make sure she doesn't have to in the future. She's trying to set up an emergency fund but every time Ashley has \$1,200 saved up, something mysterious seems to happen: The money disappears.

First there was the stressful week at work. As Ashley walked past her favourite shop on the way to the bank, she popped in to have a look and cheer herself up. She spent \$214 on two tops, a scarf and a new little black dress. She was proud since the two tops were 50 per cent off. And she felt great about her new LBD because the other three little black dresses in her wardrobe were "old." Besides, she had the money in the bank.

Next there was the weekend away. "I just needed to get away for a couple of days," Ashley said. "I stayed with friends, so I only had to pay for the train tickets and food. Oh, and I brought my girlfriend this fabulous cookbook I found in a second-hand store — just seven bucks."

Then there was the wedding Ashley had to go to.

"My university roommate is coming to town for this so I have got to look good."



Want to stop emotional spending? Stay out of stores and unsubscribe to catalogue mailings. ISTOCK

She not only had a spa day, she dropped \$370 on a new dress and \$200 on a fabulous pair of shoes. In her mind, it was an emergency.

Ashley spends when she's stressed, when she's bored, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue. Ashley is an emotional spender.

Are you one, too?

If you find that you shed dollars when you're in the rough emotionally, it's time to become aware of what's triggering your spending. Hey, everyone enjoys the buzz of a new acquisition. That's your brain chemistry rewarding you for acquiring something new. But if you're letting that buzz drive you to do things that will hurt you in the long run, you've

got to squash it like a bug.

- Do you get a rush when you spend money?
- Do you buy things you don't need?
- Have you gone shopping because you just needed to "cheer yourself up" or "get out of the house?"
- Have you bought things you can't really afford? (So you put them on credit and don't pay them off in full at the end of the month.)
- Do you feel buyer's remorse, returning things after you get them home?

The more often you answer 'yes,' the more likely you're an emotional shopper.

Want to squash the emotional spending bug?

Stay out of the stores. If Ashley hadn't gone into her favourite shop, she'd still have

the \$214 she spent to alleviate her stress. Breathing alleviates stress and it's free. There's also walking, singing, watching a funny video, and dozens of other stress-busters that don't involve spending money you planned to save.

Get rid of the temptation. If you're pummeled with ads or you have an inbox full of "sales" from online stores, you're begging for a bite from your emotional spending bug. No emotional shopper can face that much temptation without giving in. When you're stressed or blue, your resistance is lowered so you're that much more likely to drop some money. Get yourself off those lists. Unsubscribe to catalogue mailings. And don't even open the email offers. Just move 'em to the trash.

Keep track of your spending. Even small indulgences will add up quickly. It is not OK to buy just because it's under 10 bucks or it's a great sale.

If you see something you really like, take a picture with your phone and walk away. If you still want that shirt or that cute hat tomorrow, go back when emotion isn't driving the decision.

While we all succumb to emotional or impulse spending from time to time, when it becomes a regular event, you've gotten into a bad habit. You have to consciously stop allowing your impulsive responses to bridge your emotional gully. Acknowledge how you're feeling and look for ways to make yourself feel better that don't involve messing with your money plans.

## Study. Heart disease risk

A seven-year study involving nearly half a million subjects concludes that daily fruit consumption cuts the risk of developing cardiovascular disease (CVD) by 40 per cent.

Participants, said Dr. Huaidong Du from Oxford, U.K., had no history of CVD and were not taking medication for hypertension.

Overall risk of CVD was reduced by 25 to 40 per cent for those who ate fruit daily. Daily fruit consumption was associated with a 3.4 mmHg lower

systolic blood pressure and a 4.1 mmHg lower diastolic blood pressure by comparison to fruit abstainers. AFP



Eating fruit lowers blood pressure, according to the study. AFP

## Food safety device

### Smart chopsticks

Baidu, China's biggest search engine, is investing in developing smart chopsticks that act as a food safety device. Connecting wirelessly to a smartphone or desktop app, when the chopsticks come into contact with an oil or water that is tainted, the app warns that the food is bad. If no toxins or impurities are detected, the app sounds the all-clear. AFP

## Body odour. Turn to cotton

A study conducted confirms polyester attracts and captures odour-causing bacteria more than cotton, making polyester clothes smell worse than cotton clothing after exercise.

First author Chris Callewaert of Ghent University in Belgium asked 26 athletes to hand in their shirts after an intensive hour-long spinning class. Half of the shirts were cotton and half were polyester.

The culprit is micrococci, according to Callewaert, and these take up residence in poly-

ester in significantly greater quantities than cotton.

Odour-causing corynebacteria are produced in the armpits and Callewaert says they fail to grow on all textiles, even polyester. He cautions against over-using antiperspirant because this can actually encourage their conglomeration on the skin.

Staphylococci inhabit axillary skin and adjacent textiles, although the odour they create is normal and non-malodorous, according to Callewaert. AFP

3 LIFE



## Forget nature

Study says belief  
can nurture genius

Researchers from Michigan State University say being told that achievement comes from hard work rather than genetics provokes instant changes in brain patterns and could inspire greater effort on the part of those who wish for success.

"Giving people messages that encourage learning and motivation may promote more efficient performance," says Hans Schroder, a third-year doctoral student in clinical psychology whose work is funded by the National Science Foundation. "In contrast, telling people that intelligence is genetically fixed may inadvertently hamper learning."

Past studies have pointed to the importance of positive reinforcement, although Schroder's may be the first to provide physiological evidence that believing one is not limited by genetics could increase confidence, effort and perhaps even success.

AFP

Dear Metro,

**I have an embarrassing tendency of crying at work. I can't help it! It's not even that I'm sad, I just lose control of my tear ducts at the first sign of stress. I'm worried my colleagues think I'm oversensitive, or that I'm gaining a reputation as a crybaby. Any advice on how to get my blubbing under control?**

- Wah Wah Wah

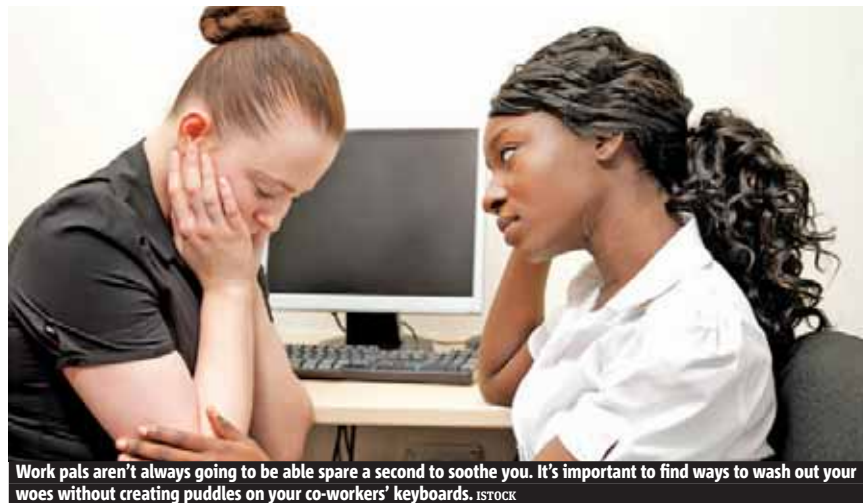


OFFICE SPACE  
Eleni Deacon  
life@metronews.ca

Dear WWW,

Workplace tears are tricky. While crying is a normal response to difficult situations, public breakdowns, particularly in a professional setting, are rarely not embarrassing.

And if they're happening on a regular basis, you may be trapped in a vicious cry-cycle: stress makes you cry, crying makes you stressed, and stressing over crying makes you cry even more. But there are ways



Work pals aren't always going to be able spare a second to soothe you. It's important to find ways to wash out your woes without creating puddles on your co-workers' keyboards. ISTOCK

to snap the loop.

What kind of tears are we talking about? Silent drippers can potentially fall unnoticed with the help of some interventions: Take deep breaths and keep a water bottle on hand in high-pressure meetings — a sip will help wash away that lump in your throat. And remember: you might feel like you're teetering on the brink of a full-

puddle meltdown, but if it's just a few quiet drops, your co-workers probably won't notice.

For outbursts of the more histrionic variety, consider addressing the issue directly. This could mean finding a quiet spot (an empty bathroom, a park down the road) and letting yourself weep out the tension.

Or it could mean explaining to your colleagues and superi-

ors, in a moment when your ducts are plugged, that your outward displays of emotion don't necessarily reflect your level of inward turmoil.

In any case, it's key to question the root cause of your faulty plumbing. If small worries are prompting big reactions, there's likely an underlying source of anxiety — be it personal or professional. Tack-

## Dilemma at your desk?

Are you having a problem at work that could use some candid counsel? Write to [life@metronews.ca](mailto:life@metronews.ca) and your question might be published and answered in our new column, Office Space.

ling your deeper triggers won't be easy, but it could help your day-to-day run dryer.

Finally, don't be too hard on yourself — you're certainly not a pioneer when it comes to office waterworks.

In fact, there may be benefits to your on-the-job sobs: within reason, shows of feeling could bring you closer to your colleagues. We all want our work-selves to be our most polished selves — but emotion should not be dismissed as a sign of weakness.

It's more just a sign that you're human.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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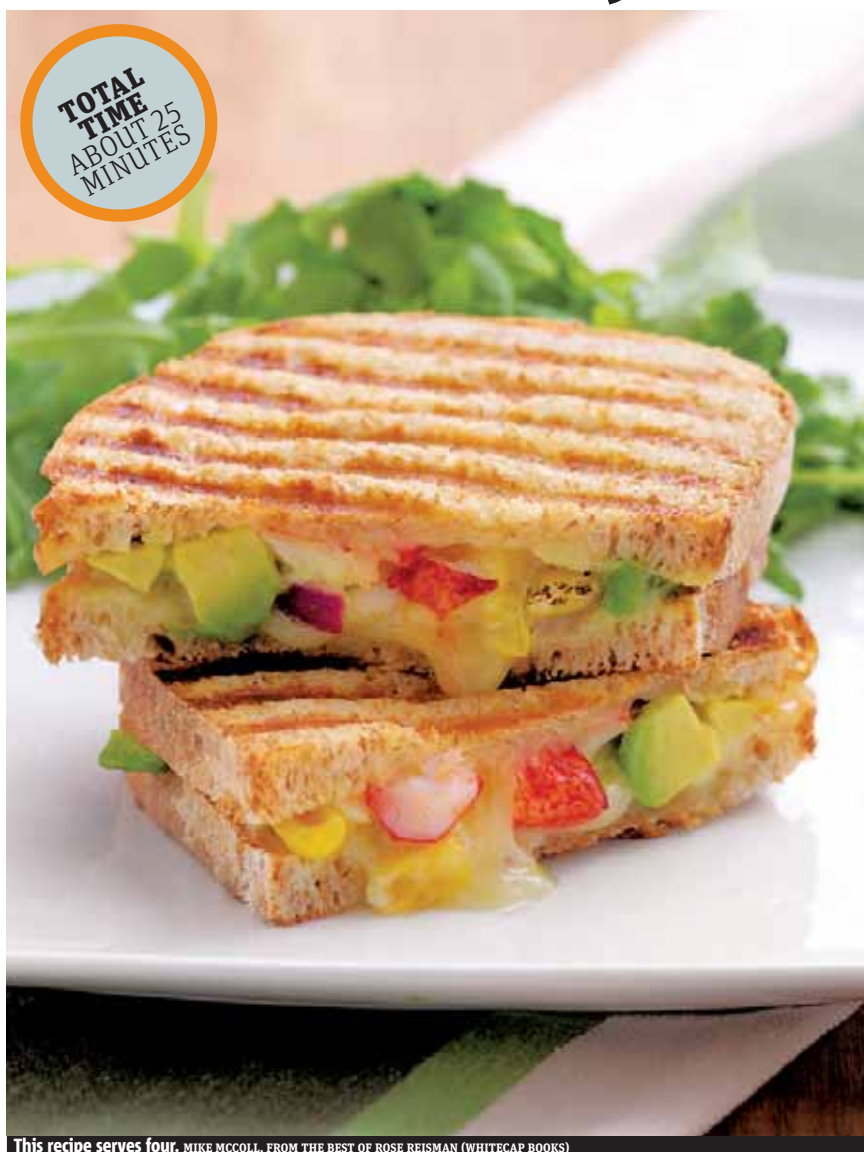
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# These grilled sandwiches are a little cheesy, but not processed



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)



**ROSE REISMAN**  
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@rosereisman

**Inspired Lunches Week.** Want to pack something more exciting? We got you covered, starting with this Lobster Grilled Cheese Sandwich

Grilled cheese sandwiches have made a major comeback as lunch and dinner choices, but the plain old processed cheese grilled sandwich is now on the back burner!

In the past, these traditional sandwiches were considered standard fare on dinner menus, but more recently they have a new image and are popping up on gourmet menus.

With a wide selection of artisan breads, cheeses, vegetables and proteins added into the mix, the combinations are endless.

This is my version of a seafood grilled cheese sandwich. Lobster is definitely a luxury food item, but today

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

you can find great frozen products in your grocery.

You can always substitute shrimp, crabmeat or surimi (artificial crabmeat).

The avocado, corn and jalapeno are a perfect match with the seafood.

You can prepare the salsa up to two hours in advance. Assemble the sandwich just before serving.

## Directions

1. Sauté the corn in a skillet sprayed with vegetable oil for 5 minutes just until lightly charred.

2. Place the charred corn in

a bowl along with the diced avocado, minced jalapeno, diced red onion, salt and pepper, lemon juice and olive oil.

3. Place the salsa over 4 slices of crusty bread along with the lobster meat (or your substitute of choice) and Havarti cheese (or other mild cheese of your choice). Place the other bread slices overtop.

4. Brush the reduced-fat mayonnaise over the outside of the bread slices.

5. Grill your Lobster Grilled Cheese Sandwiches for about 5 minutes or just until the bread has browned and the cheese has completely melted.

**THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

## Ingredients

- 1 cup corn, drained and rinsed
- 1/2 cup diced avocado
- 1 tsp minced jalapeno
- 3 tbsp diced red onion
- Pinch of salt and pepper
- 1 1/2 tbsp lemon juice
- 1 1/2 tsp olive oil
- 8 slices crusty bread (1/2 inch/1 cm thick)
- 6 oz lobster meat, chopped (if frozen and defrosted, squeeze out excess moisture)
- 1 cup grated Havarti cheese (or other mild cheese)
- 2 tbsp reduced-fat mayonnaise

## Nutritional information

Per serving (1/2 sandwich)

• Calories. 153

• Carbohydrates. 15.6 g

• Fibre. 3.4 g

• Protein. 11 g

• Total fat. 4.8 g

• Saturated fat. 1.1 g

• Cholesterol. 7 mg

• Sodium. 484 mg

# Stack roasted veg into a tasty tower

## Ingredients

- 1 small sweet potato, cut into 6 horizontal 1/2-inch thick slices (skin on)
- 1 large red bell pepper, seeded, cored and cut into 6 wedges
- 1 medium zucchini, cut length wise in 3 slices
- 3 horizontal slices of a large onion, 1/2-inch thick
- 3 medium Portobello mushrooms
- 6 large cloves of garlic, skin on,

wrapped in foil

## Dressing

- 5 tsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp liquid honey
- 1/8 tsp salt
- 1/8 tsp ground black pepper

## Garnish

- 1/4 cup chopped fresh basil or parsley

1. Preheat oven to 425 F. Spray a baking sheet with vegetable spray.

2. Place the sweet potato, red pepper, zucchini, onion, mushroom and garlic on the prepared baking sheet, and spray with vegetable spray. Bake until the vegetables are lightly charred, about 25 to 30 minutes, turning once during cooking, after about 20 minutes. Gently peel the skin from the garlic.

3. To make the dressing, in a small bowl, whisk together the oil, vinegar, honey, salt and pepper.

4. Slice the zucchini, onion slices and mushrooms in half to make 6 pieces. To make the towers, place the sweet potato on the bottom, then add the red pepper, zucchini, onion and mushrooms, and top with garlic cloves. Garnish with basil and drizzle the dressing over it.

**SECRETS FOR PERMANENT WEIGHT LOSS (WHITECAP BOOKS) BY ROSE REISMAN**

Weeknights at 8 Kat counts down the HOTTEST songs of the day

**TOP SIX @ 6**

- 6 Jessie J, Ariana Grande & Nicki Minaj  
**Bang Bang**
- 5 Hedley  
**Heaven In Our Headlights**
- 4 Meghan Trainor  
**All About That Bass**
- 3 Ariana Grande ft Zedd  
**Break Free**
- 2 Charlie XCX  
**Boom Clap**
- 1 Taylor Swift  
**Shake It Off**

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X-Men quarterback Tivon Cook looks to complete a pass Friday evening in Halifax. The X-Men downed the Huskies 31-7 in the Atlantic University Sport season opener. KRISTEN LIPSCOMBE/METRO

## X-Men hammer Huskies

**AUS football.** St. FX begins season by keeping Saint Mary's from reaching end zone



KRISTEN LIPSCOMBE  
kristen.lipscombe@metronews.ca

The St. Francis Xavier X-Men downed Saint Mary's Huskies 31-7 on the Huskies' home turf Friday evening, the inexperience of a young SMU squad showing in the AUS football season opener.

Neither team got on the board through most of the first quarter, but in the final 49 seconds, St. FX quarterback Tivon Cook fired an eight-yard touchdown pass to wide receiver Donald Tabor. The X-Men then jumped to a 16-0 lead

midway through the second quarter, powered by tailback Ashton Dickson's one-yard run into the end zone.

Saint Mary's finally responded with 4:47 left in the second, when kicker Chase Kodejs converted a 32-yard field goal to make it 16-3. Jeremy Ford added a 34-yard field goal of his own to put St. FX up 19-4 at halftime.

The second half was also rough for the Huskies, who had a punt blocked with the X-Men returning it for a touchdown to make it 26-4. Kodejs converted his second 32-yard field goal for the Huskies, nar-

rowing the gap briefly, but the X-Men led 28-7 when the third quarter was done.

Ford secured St. FX's win on his second 32-yard field goal of the night, with 8:26 remaining, to cap it off at 31-7, sending Saint Mary's fans home disappointed.

Dickson was named player of the game, finishing the night with 161 yards on 23 carries. Ben Rossong and Scott Borden split time at quarterback for Saint Mary's, combining for 234 yards passing and two interceptions.

"I'm disappointed with the score," Rossong said after the

loss, adding several mistakes made are "unacceptable."

"We have a lot of young guys out there playing specials," the six-foot-three, 210-pound QB from Lower Sackville said. "They're learning as they go."

Despite trouble finding the end zone, Rossong and fellow team veterans are telling younger teammates to "enjoy the experience" on the field.

"It's a great atmosphere here," Rossong said of the newly renovated Huskies Stadium.

Saint Mary's will have a chance to redeem itself at home Sept. 27, when the Huskies host the Concordia Stingers.

Until then, the local AUS team will gain experience on the road, first facing the Acadia Axemen on Saturday and then taking on the defending Loney Bowl champion Mount Allison Mounties on Sept. 20.

### Quoted

"We had some great young receivers make some catches ... and some young guys on the offensive line did well." Huskies quarterback Ben Rossong of Lower Sackville

### NBL Canada

## Rainmen head honchos on scouting mission

Halifax Rainmen owner Andre Levingston and head coach Joseph (Pep) Claros are off to the Big Apple this weekend to take a look at about 20 players in consideration for this season's roster.

The Rainmen mini-camp in New York City takes place Saturday and Sunday, with both current players and prospects attending "the extremely talented" event, Levingston said.

"Hopefully, when we leave there, we (will have) found quite a few guys," he said Sunday of giving his National Basketball League of Canada club a boost in for 2014-15 tip-off.

Claros, who was recently renamed head coach, is flying in from Spain to attend the mini-camp, which will mark his first time evaluating some of them, Levingston said.

"Coach is going to put in some of his systems and ... see where guys naturally fit in ... offensively and defensively," Levingston said.

He wouldn't say which players have been invited, and a news release indicates the camp is closed to the public and media.

"We're looking for guys with high skill sets and IQ for the game," Claros said in the release.

"We need guys that have a lot to prove, recognize it's a privilege ... and play for the name on the front of the uniform, not the name on the back."

The Rainmen open training camp in early October and will play two pre-season games.

KRISTEN LIPSCOMBE/METRO

## Mooseheads end pre-season with a loss



Evgeny Svechnikov scored two goals for the Screaming Eagles in a 5-3 pre-season win over the Mooseheads on Saturday. DAVID JALA/CAPE BRETON POST

Halifax traded goals twice with Cape Breton in the first period Saturday night in north Sydney, but the Screaming Eagles defeated the Mooseheads 5-3 in the final exhibition game for both teams before the puck drops on the 2014-15 junior hockey season.

More than 1,000 fans filled the Emera Centre Northside to take in the QMJHL action, the Cape Breton Post says.

Julien Pelletier notched Cape Breton's first marker

just 50 seconds in, but Vincent Watt answered back with an unassisted power-play goal for Halifax less than 40 seconds later to tie it up.

Cape Breton's Charles-Eric Legare made it 2-1, but another penalty cost another goal, with Joshua Fitzgerald evening the score, again with the extra attacker.

The Screaming Eagles regained their lead on a goal from Evgeny Svechnikov to make it 3-2 at intermission, while Pierre-Luc Dubois put

Cape Breton up 4-2 in the middle frame.

An unassisted Maxime Fortier marker in the third got the Moose on the board once more, but Svechnikov scored his second to make it 5-3 for the Screaming Eagles win.

Halifax rookie netminder Kevin Resop made 34 saves over 60 minutes.

The Herd open the QMJHL regular season on the road Friday against the Acadie-Bathurst Titan.

KRISTEN LIPSCOMBE/METRO



# Horschel cool for victory at the BMW

**Well set up.** Winner at Cherry Hills now sits at a comfortable second for the FedEx Cup title

The bad swing a week ago is a distant memory. The blown lead Sunday? That wasn't enough to derail Billy Horschel, either.

Horschel let a three-shot lead drop to nothing early in the final round of the BMW Championship before rebounding for a two-stroke victory over Bubba Watson. Horschel shot a 1-under 69 and finished at 14-under 266 to put himself in prime position for the FedEx Cup title and its \$10-million bonus at the Tour Championship next week.

"If I were a betting man,

## Web.com Tour

Canada's Adam Hadwin won the Chiquita Classic on Sunday to jump from fourth to second on the money list in the Web.com Tour Finals. The 26-year-old closed with a 4-under 68 for a two-stroke victory over John Peterson.

"I'd put some money on me," said Horschel, who made \$1.44 million for his second career PGA Tour victory.

Weyburn, Sask.'s Graham DeLaet shot a 2-under 68 and finished in 11th spot.

Horschel heads into the final week of the playoff chase in second place in the points standings thanks to the victory and his tie for second a week ago.

THE ASSOCIATED PRESS



## That makes No. 18

Serena Williams celebrates with the championship trophy after defeating Caroline Wozniacki in the women's singles final of the U.S. Open on Sunday in New York. Williams won 6-3, 6-3. It was Williams' third consecutive U.S. Open title and 18th major title overall, equalling Chris Evert and Martina Navratilova for the fourth-most in history. Scan the image with the Metro News app for more from the women's final and the U.S. Open over the weekend.

MATTHEW STOCKMAN/GETTY IMAGES



## NFL

### Dolphins top Pats with big 2nd half

Knowshon Moreno rushed for 134 yards and a big

fourth-quarter touchdown, Ryan Tannehill threw for two scores and the Dolphins dominated New England after halftime in a 33-20 win on Sunday.

THE ASSOCIATED PRESS

## NFL

### Manning goes down in history

Peyton Manning threw three touchdown passes to tight

end Julius Thomas and the Denver Broncos beat the Indianapolis Colts 31-24 on Sunday. Manning joins Brett Favre as the only QBs to beat each of the current 32 NFL franchises. THE ASSOCIATED PRESS

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**Stuck on 12 Across?**  
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→ See the full instructions on Metro's Voices page.

### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

No one person is to blame for the predicament you are in, it's just one of those things. Don't look for people to criticize. Besides, the problem can easily be solved. Think logically.

#### ♉ Taurus

**April 21 - May 21**

According to the planets, for the next 24 hours, you will be in tune with the spirit of the age. Don't be surprised if strangers approach you and treat you as if you are someone special.

#### ♊ Gemini

**May 22 - June 21**

You have friends in high places and you must make better use of them. There is so much going on in your life that you could probably do with a rest.

#### ♋ Cancer

**June 22 - July 23**

A problem that has been annoying you for weeks, maybe even months, can easily be resolved, provided you are willing to listen to advice.

#### ♌ Leo

**July 24 - Aug. 23**

You may be shocked by what you see or hear over the next 24 hours but you're advised to mind your business. Yes, it seems wrong, but there are other ways of looking at it.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

The more you give of yourself, the more you will get in return. It can be done — and must be done if you hope to prosper.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Don't listen to people who say you should do something one way when instinct tells you that it should be done another way. Trust your inner voice.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

A secret admirer will be secret no longer. If your feelings are as strong as their feelings for you this will be a marvelous week. If not, find a way to put them off without being brutal.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Your working routine will be disrupted during the early part of the week but you won't be too worried. There is so much going on in your life that you could probably do with a rest.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

Try not to be so intense over the next 24 hours. You should know by now you get just as much done with a smile on your face as with a scowl.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

It seems you've overestimated the return you'll get from an investment and, of course, you are disappointed. But it's not the end of the world and it may work in your favour.

#### ♓ Pisces

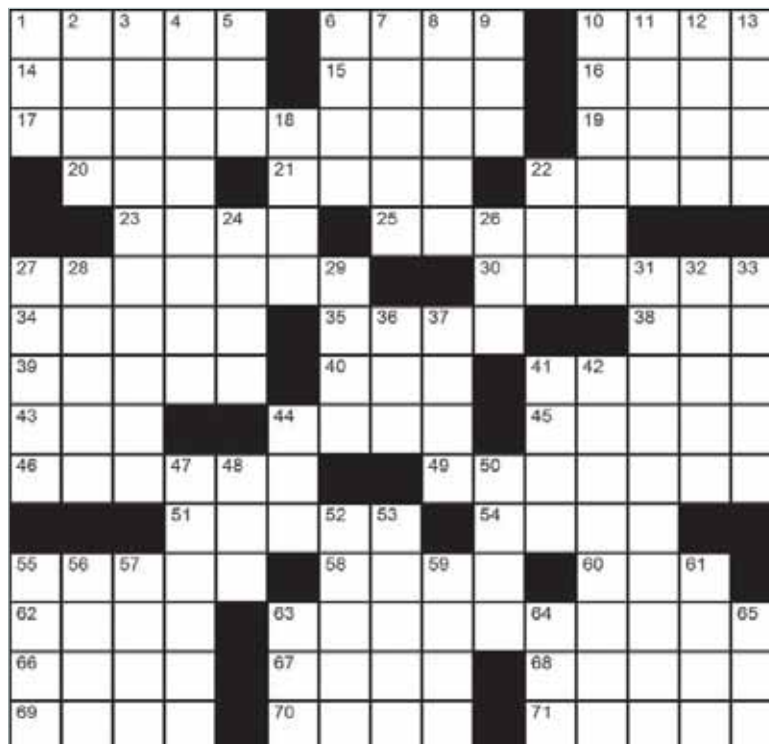
**Feb. 20 - March 20**

You won't have to go looking for action today — it will find you. You may wonder what you have done to suddenly be the focus of so much attention.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Entire extent
6. Couch
10. Criticize
14. Bungling
15. Caesar's 902
16. Ms. Tequila
17. Jedi's weapon
19. "\_\_\_ Louise!"
20. Actor, Hakeem \_\_\_Kazim
21. Under-Shift key
22. Cheesy critter
23. Filmdom's Rooney
25. Jasper National Park: Mount \_\_\_ Cavell
27. "Peace Train" by Cat \_\_\_
30. Toronto punk band, \_\_\_ Bats
34. Actress Erin
35. Foot part
38. Seafarer's 'sure'
39. Slant
40. "Go!!!"
41. Like shoe bottoms
42. Alkali
44. Mariah Carey's nickname
45. Kim K. sister
46. Ali of "Legends"
49. Jenny McCarthy and Melissa McCarthy
51. Canadian chant-euse, Julie \_\_\_
54. Young deer
55. Belonging to Beyonce's hubby
58. "The Wire" band
60. Conductor, \_\_\_Pekka Salonen
62. International oil gr.
63. Purchaser of Tim



Hortons, as in recent business headlines: 2 wds.  
66. Regarding: 2 wds.  
67. \_\_\_ extra cost  
68. Kellie Martin's role on early-'90s series "Life Goes On"  
69. The Spinners' "Could It \_\_\_ Falling in

Love": 2 wds.  
70. "Yoo-hoo..."  
71. Tattooed

#### Down

1. Sudbury-born country singer Mr. Grand
2. Name for Canada's series of satellites
3. \_\_\_ (The deal at

#63-Across)  
4. Lasting close to a decade starting in 1755, Acadians being deported from the Maritimes, The Great \_\_\_  
5. Between R-and-Y keyboard letter x 3  
6. Flee

7. Dark-to-lighter highlights  
8. Tim Hortons \_\_\_ (New Hamilton stadium)  
9. Televisé  
10. Fort \_\_\_ (North-eastern BC city)  
11. Stead  
12. Pub orders

13. Labyrinth
18. Skim
22. Kingston Trio hit
24. Ms. Russo
26. German 'I'
27. Wee
28. Skating's Ms. Harding
29. Draped dress
31. Say you won't be at work: 3 wds.
32. Keep your \_\_\_ the prize
33. Advises, archaically
36. Bash
37. Stylish
41. Gull-like bird
42. Southwestern Ontario village famous for its sprint car racing Speedway
44. "\_\_\_ Miniver" (1942)
47. \_\_\_ (Showbiz/gossip news website)
48. Lou Grant portrayer ...his initials-sharers
50. Britney Spears' "Piece \_\_\_": 2 wds.
52. Closes
53. Nets
55. Absalom's killer
56. Church part
57. Abominable snowman
59. Jazz classic: "\_\_\_ Rhythm"
61. 'Assist' suffix (Help)
63. Bread roll type
64. MLB statistic
65. Meander

### Friday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)

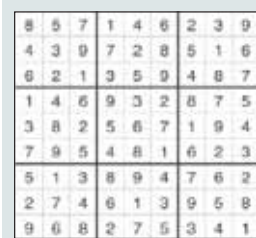


### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



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